



DAY 6

This process is sacred. Take a moment and honor yourself for being willing to go on this journey of self awakening.

TODAY'S JOURNAL TOPIC

Simply ask your Higher Self what you need to know today. Then write. Again, use your non-dominant hand. This process delivers you more quickly to the subconscious.

And whatever you write, don't judge it. Simply be open to what your Higher Self wants to communicate to you.

LIGHT LANGUAGE

Bring yourself into a centered quiet space. Drop your conscious mind down into your heart. Connect into the crystalline core of Gaia. From the bottoms of your feet, visualize roots expanding down and wrapping around the crystalline core (sphere) of Gaia, and weaving to anchor you to Pachumana.

Then take a deep breath and open your heart to the written Light Language message. Let your mind, body and spirit expand into a higher field of consciousness. Simply allow the images/language to open up the codes of Cellular ReJuvEnation Healing to penetrate deep within your Matrix of Light

TODAY'S ACTIVATION

Listen to the second activation again. The focus of this activation is: DNA 2.0 Quantum Recalibration, Mind Body Spirit Recalibration and Cellular ReJuvination Codes 2.0.

Ask and listen to what your body and soul need right now. Maybe you want to curl up and just zone out to a good movie. Maybe you want to dance around to high energy music. Maybe you want to draw or paint. Take some time to tap in...

Raquel